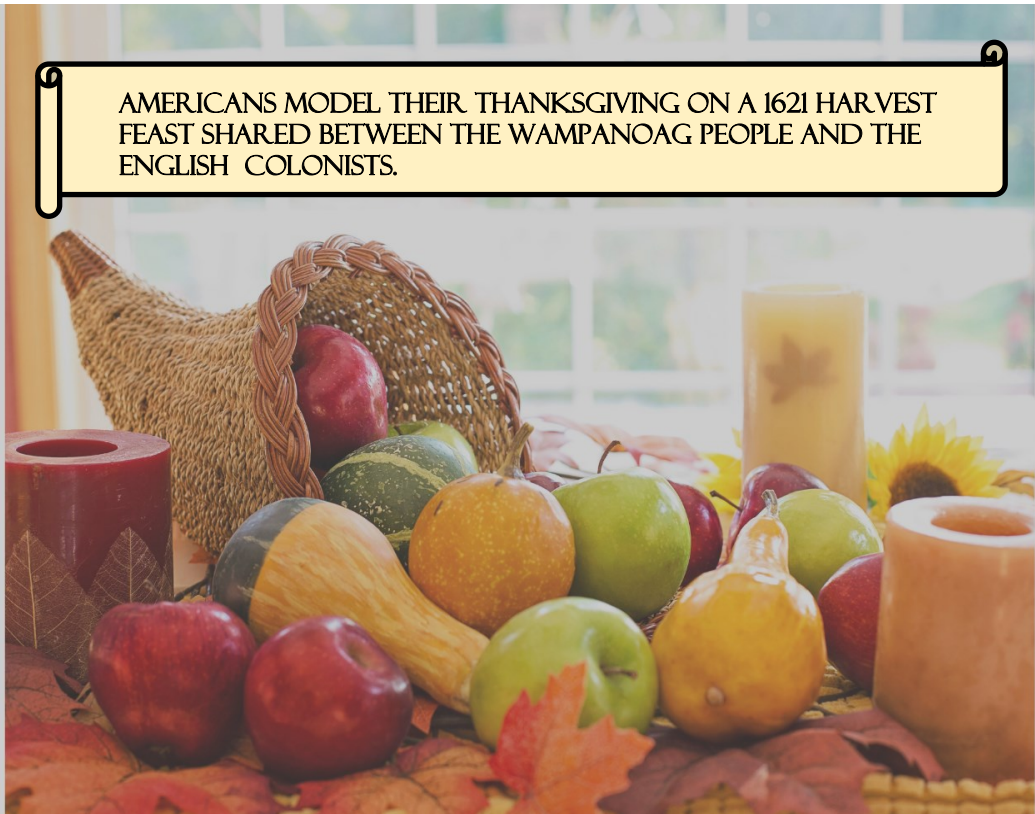


Extension Edition

Cooperative Extension Service

20 N Washington St-PO Box 146
Campton, KY 41301-0146
(606) 668-3712
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<http://wolfe.ca.uky.edu/>

Wolfe County Cooperative Extension Newsletter November 2023



AMERICANS MODEL THEIR THANKSGIVING ON A 1621 HARVEST FEAST SHARED BETWEEN THE WAMPANOAG PEOPLE AND THE ENGLISH COLONISTS.

“Feeling gratitude and not expressing it, is like wrapping a present and not giving it “

William Arthur Ward



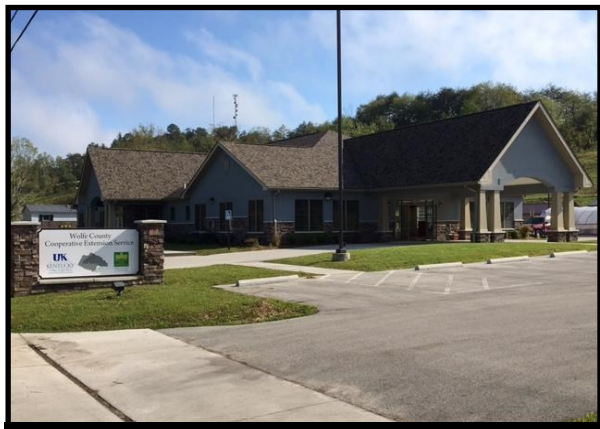
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- FCS Brunch & Learn– Holiday Road Show
- 4-H Youth –Kids Craft Time
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- Recipe: Easy Chicken Pot Pie
- Recipe: Sweet Potato Crisp



Darian Creech
Darian Creech
Wolfe CEA FCS-4H

Jessica Morris
Jessica Morris
Wolfe CEA Agriculture & Natural Resources– 4-H



Wolfe County Extension Office

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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UPDATES

The Wolfe County Agents joined with Area 5 personnel to host Pumpkin Days for Head Start, Kindergarten, 1st grade and Home Schooled Students in our area. (photos 1-5)

Another area activity conducted with the assistance of our Agents was the Farm & Home Safety Field Day held at the Robinson Center for Appalachian Sustainability .(RCARS) (photos 6-9)



HOLIDAY BAKING CAMP



BREAD MAKING

Taught by Esther Miller
November 6th
5:30 PM

CAKE DECORATING

Taught by Kelsey Sebastian
November 13th
5:30 PM

ALL ABOUT PIES

Taught by Susan Lacy
December 1st
1:00 PM

HOLIDAY COOKIES

Taught by Darian Creech
December 8th
5:30 PM

Call (606) 668-3712 to Register



Gardening Tips



Storing Vegetables, An excerpt form Home Vegetable Gardening in Kentucky ID-128 <http://www2.ca.uky.edu/agcomm/pubs/ID/ID128/ID128.pdf>

Vegetables do not improve in quality after harvest. Therefore, harvesting sound, healthy produce at the proper stage of maturity is important. Produce that will be stored must be harvested carefully to avoid bruising and to maintain quality. Breaks in the skin enable decay organisms to enter the produce and also increase moisture loss.

Vegetables and fruits can be grouped in four basic storage groups: The cool and cold-moist groups may be stored in an old fashioned outdoor pit or underground root cellar. The cold- and cool-dry groups can be stored in a cool area of a basement or garage.

While storage does not require investment in expensive equipment, it does demand an awareness of good food characteristics and periodic examination to remove defective produce.

Generally, late-maturing varieties are better suited for storage. Garden crops held in storage are still living plants that are kept dormant by their environment. If these crops are subjected to adverse conditions like lack of oxygen, freezing, or excessive moisture, they can die or decay. Produce can tolerate less than optimum storage conditions, but storage life is shortened.

You can store some produce in the garden right where it grew. It may be protected from late fall frosts and freezing by insulating materials such as straw, dry leaves, sawdust or soil. Root crops such as carrots, turnips and parsnips will store well this way. When the ground begins to freeze in late fall, cover them with a heavy mulch of straw or dry leaves to make midwinter harvesting easier.

Beets, cabbage, Chinese cabbage, cauliflower, kale, leeks and onions can also withstand light frosts. They can be stored for several weeks under heavy mulch but usually will not keep through the winter.

Be sure to plant crops to be stored under mulch in a spot that is easily accessible for winter removal.

A 20 gallon trash container can be buried in the ground for storage and is more easily opened and closed than a soil mound or trench. Metal cans are more rodent proof than plastic. Drill holes in the bottom for drainage (Figure 33). Leave 1 to 2 inches of the can above the soil level and use straw to cover the lid. A foam plastic chest also makes a good small produce storage container and can be kept in an unheated garage or build-ing. Use separate containers for fruits and vegetables. Be sure the storage containers are clean so that they do not impart flavors or odors to the stored produce.

Basement areas near the furnace make an acceptable storage site for winter squash and pumpkins. Use a thermometer

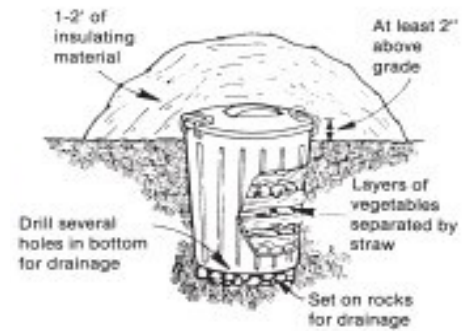


Figure 33. Storing vegetables in the ground.

to monitor the temperature in various areas of a basement or building to find locations adaptable for good food storage. Basement window wells which open inward and have exterior wells can be converted to small storage areas if the well is covered after the weather turns cool and is insulated with bales of hay or straw.

Table 24. Produce storage conditions.

Produce Category		Storage Temp. (°F)	Relative Humidity	Storage Period
Cold-Moist	Broccoli	32	95%	3 weeks
	Cabbage (late)	32	95%	3-4 months
Cool-Moist	Irish potato (late)	40	85-90%	4-6 months
	Sweet potato (after curing)	55	85-90%	4-6 months
	Tomato (mature green)	60	85-90%	1-4 weeks
Cold-Dry	Onion	32-35	60-70%	2-8 months
Cool-Dry	Pumpkins	50-55	60-70%	2-4 months
	Winter Squash	50-55	60-70%	2-4 months

Table 25. Preservation methods for specific vegetables.

Produce	Store	Can	Pickle/ Preserve	Freeze	Produce	Store	Can	Pickle/ Preserve	Freeze
Asparagus				x	Horseradish	x		x	
Beans, Wax or Green		x		x	Kohlrabi	x			
Beans, Dry ²	x				Parsley (dried)	x			x
Beets	x ¹	x	x		Parsnips	x	x		
Broccoli		x		x ¹	Peas		x		x
Brussels Sprouts	x			x	Peppers, Hot (dried)	x			
Cabbage	x ¹		x		Peppers, Sweet		x		x
Cauliflower	x			x	Potatoes	x ¹			
Celery	x				Potatoes, Sweet	x	x		
Chard				x	Pumpkins	x ¹	x		
Chinese Cabbage	x				Rutabagas	x			x
Corn		x	x	x	Salsify	x			
Greens, Kale	x				Tomatoes	x	x ¹		
Greens, Swiss Chard		x		x	Winter Radishes	x			
Greens, Spinach				x	Winter Squash	x ¹	x	x	

¹ Preferred method

² Kidney, navy, white marrows, turtles

Growing Your Own Garden Calendar, University of Kentucky Cooperative

Extension Service-College of Agriculture, Food and Environment

https://www.planeatmove.com/wp-content/uploads/2020/05/NEP_GARDEN_calendar_agentsprintable2020_2.pdf

work supported by Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture, partially funded by USDA Supplemental Nutrition Assistance Program



- **Week 1- Turn Compost**
- **Week 2- Remove stakes and trellising for winter; remove any unwanted debris from the garden.**
- **Week 3- Winterize watering system (outdoor faucets, garden hoses, etc.)**
- **Week 4 - Turn compost and cover with tarp for the winter**

When people ask what you want as gifts over the holiday season, why not have some suggestions related to your garden: canning equipment, new tools, seeds, and hardware such as fencing, cages, etc

Growing Your Own Beginner Gardening Guide Glossary

- Cole crop plants—vegetables in the genus Brassica, such as cauliflower, broccoli, kale, mustards.
- Fertilizer—material that adds nutrients to soil.
- Furrow—a narrow trench in the soil.
- Germination—the sprouting of a seed.
- Manure—waste from animals used to enrich soil.
- Maturity or harvest date—the number of days from when a plant is seeded or transplanted until it is ready to harvest.
- Mulch—any substance, such as straw, used to protect roots of plants from heat, cold, or drought, or to keep fruit clean.
- Organic matter—plant and animal material that is either broken down or in the process of breaking down.

Contributions by: Authors: Rachel Rudolph, Extension Vegetable Specialist Rick Durham, Extension Consumer Horticulture Specialist Cooperative Extension Service University of Kentucky, College of Agriculture Calendar design: Kelli Thompson, Calendar project coordinators: Jann Knappage, Food System Specialist Katie Shultz,



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Summer

SAUSAGE

WORKSHOP

\$10

DECEMBER 4, 2023

10AM | 2PM | 5PM

Come join us as we show you
how to make your own
summer sausage as well as
how to put together a
charcuterie board!

MUST REGISTER AT

606-668-3712

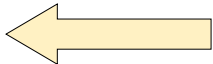


GRAZING



Grazer.ca.uky.edu/content/winter-tips-and-reminders

Tips for the Winter Season - The winter is a time of adaptation for farmers in Kentucky. We have to change the way we manage our livestock in order to sustain the animals as well as preserve our pastures for the coming spring. As forage becomes less available throughout the months of December, January, and February supplemental feed is the main alternative for most farmers. Some pastures become unavailable for grazing and careful thought should be put into how to efficiently maintain livestock. Here are just a few things to keep in mind as you prepare for the winter.

- Check hay quality before feeding
- Move cattle often to avoid compaction and destruction of pasture area
- Move cattle according to weather conditions to avoid heavy traffic on pastures
- If possible feed cattle on an all-weather surface or feeding pads
- Consider feeding hay in feeders that don't allow much waste
- Plan for any changes to your grazing system that will be made in the spring
- If you are planning on frost seeding clover; the best time to seed is February-early March
- Apply fertilizer according to soil tests.
- Apply Nitrogen in February to promote early grass growth if needed. 



Late Winter and Early Spring Reminders grazer.ca.uky.edu/content/late-winter-and-early-spring-reminders

- Refine plans for pasture use for the upcoming grazing season; consider fencing, seeding, fertilization, herbicide applications, water and shade availability.
- Frost seeding of clovers should be performed between February 1 and March 1.
- Nitrogen fertilizer should be applied in late February to promote early grass growth. 
- Before applying Nitrogen: Soil test pastures and use results for application of fertilizer and lime.
- Renovate high traffic areas and bare areas to reduce erosion.
- Purchase seed, inoculant, and fertilizer for upcoming season.
- Check equipment and make repairs where needed.
- During wet periods, consider moving livestock to a barn or sacrifice lot to protect pastures.
- Continually move feeding area to reduce mud, erosion, compaction, and damage to forages.
- Do not graze pastures before cool-season forages reach approximately 6 inches to allow for adequate growth and maximum forage production for the remainder of the grazing season.
- Provide animals with easy access to complete mineral feeders at all times. Supply a mineral high in magnesium (a high "Mag" mineral) to prevent grass tetany in the early spring.

Nitrogen-<https://www2.ca.uky.edu/agcomm/pubs/AGR/AGR1/AGR1.pdf>

"Because Kentucky soils are usually not frozen, but remain relatively wet throughout the winter months, very little residual (leftover) nitrogen (N) is available to subsequent crops. Rather residual nitrate-N remaining after harvest is lost either by leaching or back to the atmosphere thorough a process called denitrification (conversion of nitrate (N) to nitrous oxide (n2O) or dinitrogen gas (N2), the most common atmospheric gas. Kentucky crops therefore rely on organic matter mineralization and annual fertilizer applications ."

November 2023

Sun	Mon	Tue	Wed
		Adult Education meets in the project room each Tuesday , enter at door #5	1
5	6 5:30 Bread Making (register) 	7  Holiday Road Show with FCS agents from area 5 at 10:00 AM (register) *Learn to Process Your Deer 1:00 PM at 86 Johnson Br, Booneville (register)	8
12	13 Cake Decorating at 5:30 PM (register)	14	15
19	20 District Board Meeting	21 Commodity Day for pre-approved Senior Citizens	22 Kid's Painting Party 9:00 AM (register)
26	27	28	29

***All classes are held at the Wolfe County Cooperative
Extension Service Office unless otherwise noted**

	Thu	Fri	Sat
	2	3	4
	9 Sit & Sew <i>Group Mineral Orders Due</i>	10	11 Veterans Day  Thanks for your service
	16 Sit & Sew	17	18
	23 Thanksgiving Day Office closed 	24 Office closed	25
	30	Looking forward to NEXT month: Pie Making Dec 1 at 1:00 PM Sausage Making on Dec. 4 Holiday Cookies Dec 8 at 5:30 PM	

COOPERATIVE EXTENSION



University of
Kentucky



LEARN TO PROCESS YOUR OWN DEER

TUESDAY NOVEMBER 7, 2023
1:00 PM

86 JOHNSON BRANCH, BOONEVILLE, KY

Dr. Gregg Rentfrow, UK Meat Specialist

Join us as we travel to a local facility where Dr.
Rentfrow will share techniques to process your
own deer

PLEASE CALL THE EXTENSION OFFICE TO REGISTER
BREATHITT 606-666-8812 OR WOLFE 606-668-3712

Cooperative Extension Service
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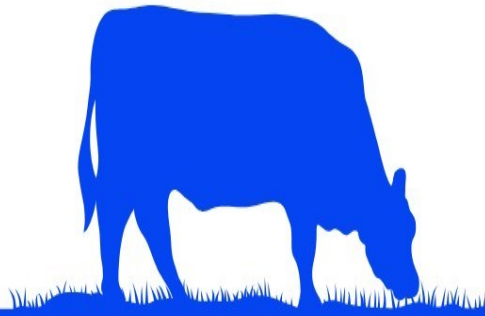
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification



College of Agriculture,
Food and Environment
Cooperative Extension Service



MINERAL ORDER



UK IRM Basic Cow/Calf Mineral (containing High Mag) - \$22.50/50lb bag

UK IRM Basic Cow/Calf Mineral - \$19.50/50lb bag

MINERAL ORDERS AND PAYMENT DUE TO THE EXTENSION OFFICE BY NOVEMBER 10, 2023

Spring Calving Herds:

Jan - Mid May: High Magnesium Mineral - Supplement with high magnesium mineral at least 30 days prior to calving. Cows need 20 grams of magnesium daily or 4oz/day of 15% magnesium mineral mix. Continue providing magnesium in the mineral mix until daytime temperatures are consistently above 60 degrees F.

Mid May - December: Basic Cow Calf Mineral - provide free choice mineral mix containing adequate levels of phosphorus, vitamin A, selenium, copper, zinc and other trace minerals at all times.

Fall Calving Herds:

August - October: High Magnesium Mineral - Supplement with high magnesium. If the temperature is unseasonably warm, continue using high magnesium mineral through November.

November - July: Basic Cow Calf Mineral - Provide a free choice mineral mix containing adequate levels of phosphorus, vitamin A, selenium, copper, zinc and other trace minerals at all times.

MINERAL ORDERS WILL ARRIVE THE WEEK OF DEC 4-9, 2023 ONCE IT ARRIVES WE WILL NOTIFY YOU TO PICK IT UP.

November's Family & Consumer Science Activity:

The Holiday Roadshow with displays from all the FCS Agents of Area 5



JOIN US FOR THE

HOLIDAY ROAD SHOW

NOVEMBER 7TH

10:00 AM
WOLFE COUNTY
EXTENSION OFFICE

CALL TO REGISTER
(606) 668-3712



COME JOIN THE FUN!



KIDS CRAFT TIME



WED
22
NOVEMBER

From
9 AM
Until
11 AM



Come join us as we create a snowman craft and make a few sweet treats the kids can share with their families over the holiday weekend!

FREE

Book Now
606-668-3712

20 Washington Street
Campton, KY 41301

**MUST CALL THE
WOLFE COUNTY EXTENSION OFFICE TO REGISTER!**



SIT AND Sew



BRING YOUR OWN PROJECTS TO COMPLETE

Join Master Clothing
Volunteers, Rita
Rogers & Carole
Dunhuber to work on
your projects!

Thursdays

November 9, & 16th 2023

Due to the Thanksgiving Holiday, there will
not be a class on the 3rd Thursday

WOLFE COUNTY EXTENSION OFFICE

FREE

More Information :

606-668-3712

OR

Contact MCV

Rita Rogers or

Carole Dunhuner





Food and Nutrition Calendar
NOVEMBER RECIPE

You could also choose to
use leftover Turkey

EASY CHICKEN POT PIE



- $\frac{2}{3}$ cup frozen mixed vegetables, thawed
- 1 cup cooked chicken, cut into bite-size pieces
- 1 (10 $\frac{3}{4}$ ounce) can low fat, condensed, cream of chicken soup
- 1 cup reduced fat baking mix
- $\frac{1}{2}$ cup milk
- 1 egg

1. Wash hands and any cooking surfaces.
2. Pre-heat oven to 400 degrees F.
3. Mix vegetables, chicken and soup in ungreased, 9-inch pie plate
4. Stir baking mix, milk and egg in a mixing bowl with fork until blended. Pour over vegetables, chicken and soup mixture in pie plate.
5. Bake 30 minutes or until golden brown.
6. Let cool 5 minutes and serve.

Makes 6 servings
Serving size: 1/6 of pie

Source: USDA Recipe Finder
recipefinder.nal.usda.gov

Nutrition facts per serving:
180 calories; 3 g total fat; 1 g saturated fat; 0 g trans fat; 55 mg cholesterol; 420 mg sodium; 25 g carbohydrate; 2 g fiber; 13 g protein; 10% Daily Value of vitamin A; 2% Daily Value of vitamin C; 15% Daily Value of calcium; 8% Daily Value of iron

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Office of the Ombudsman at 1-800-372-2973 or 1-800-627-4702 (TTY). The U.S. Department of Agriculture (USDA) prohibits discrimination in all of its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, political beliefs, genetic information, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination, write: USDA, Office of Adjudication, 1400 Independence Ave., SW, Washington, DC 20250-9410 or call (866) 632-9992 (Toll-free Customer Service), (800) 877-8339 (Local or Federal relay), (866) 377-8642 (Relay voice users). USDA is an equal opportunity provider and employer. Copyright © 2014 University of Kentucky and its licensors. All rights reserved.

GROCERY LIST

- Frozen mixed vegetables (need $\frac{2}{3}$ cup)
- Cooked chicken (need 1 cup)
- Low-fat, condensed, cream of chicken soup (10 $\frac{3}{4}$ ounce can)
- Reduced-fat baking mix
- Milk
- Egg

MAKE IT A MEAL

- **Easy Chicken Pot Pie**
- Baked apples
- Lettuce wedge salad
- Low-fat yogurt
- Water

TIP

The color of a food is not a sign that it is a whole-grain food. Foods labeled as "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain" or "bran" are often not 100% whole-grain products. There may not be any whole grain in the product unless 100% whole grain is listed on the label.

This material was funded by
USDA's Supplemental Nutrition
Assistance Program — SNAP.



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Campton, KY

Wolfe County
20 N Washington Street
PO Box 146
Campton, KY 41301-0146

RETURN SERVICE REQUESTED



Sweet Potato Crisp

3 large fresh sweet potatoes, cooked until tender.
8 ounces reduced fat cream cheese, softened
1 cup brown sugar, divided

1 teaspoon vanilla
1 tablespoon ground cinnamon
2 medium apples, chopped

½ cup all-purpose flour
¾ cup quick cooking oats
3 tablespoons butter
¼ cup chopped pecans

- 1. Preheat** oven to 350° F. Lightly spray a 13 x 9 x 2 inch pan with non-stick spray.
- 2. Mash** sweet potatoes. Add cream cheese, ¾ cup brown sugar, vanilla and cinnamon. Mix until smooth.
- 3. Spread** sweet potato mixture evenly into pan.
- 4. Top** sweet potatoes

- with chopped apples.
- 5. In** a small bowl, **combine** flour, oats, and ½ cup brown sugar. **Cut** in butter until mixture resembles coarse crumbles. **Stir** in pecans.
- 6. Sprinkle** mixture over apples.
- 7. Bake** uncovered for 35-40 minutes or until

topping is golden brown and fruit is tender.

Yield: 16, ¾ cup servings.

Nutritional Analysis:

240 calories, 6 g fat, 3 g sat fat, 5 mg cholesterol, 200 mg sodium, 44 g carbohydrate, 4 g fiber, 20 g sugar, 4 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

